

DASH DIET SERVINGS GUIDE

Grains

*Whole grains
recommended*

6 servings

6-8 servings

10-11 servings

Vegetables

*Leafy greens,
carrots, etc.*

3-4 servings

4-5 servings

5-6 servings

Fruits

*Fresh, frozen, or
canned*

4 servings

4-5 servings

5-6 servings

Dairy

*Fat-free or low-
fat*

2-3 servings

2-3 servings

3 servings

Lean Meats / Fish

*Poultry, fish,
lean cuts*

3-6 oz

6 oz or less

6 oz or less

Nuts, Seeds,

Legumes

Weekly servings

3 per week

4-5 per week

1 per day

Fats and Oils***Soft margarine,
veg oil***

2 servings

2-3 servings

3 servings

Sweets***Weekly servings***

0

5 or less per week

2 or less per day

DASH: Dietary Approaches to Stop Hypertension. Consult a healthcare provider for personalized nutritional advice.